Grange Park Safeguarding Information for Parents

Keep Your Child Safe from Online Grooming

A little awareness goes a long way...

What is online grooming?

Online grooming is when someone builds a connection with a child online, often by pretending to be a friend, in order to gain their trust and potentially exploit them.



Be aware of the risks

Groomers can:

- Pretend to be someone they're not (e.g. another child or a trusted adult)
- Flatter, befriend or offer rewards
- Encourage secrecy
- Ask for inappropriate photos or personal information

It can happen to any child.

Top tips to help keep your child safe



Talk regularly

Have open and judgement-free conversations about online life. Ask what they enjoy and if anyone has ever made them feel uncomfortable.



Encourage safe settings

Use privacy settings on devices and apps, and talk about keeping personal information (e.g. full name, address, school) private.



Manage screen time

Help them balance online and offline time and know it's OK to take a break.



Know who they are talking to

Remind them not to accept friend requests or chat with people they don't know in real life.



Teach them to tell

Encourage them to come to you if someone makes them feel uncomfortable, asks for personal information or asks them to keep something a secret.

Look out for warning signs

Your child may be at risk if they:

- Become unusually secretive about their online activity
- Spend more time on devices or withdraw from family and friends
- Seem upset, anxious or worried after being online
- Receive messages or gifts from unknown people



What to do if you're worried

- Talk to your child – keep calm and let them know they've done the right thing by telling you.
- Report any concerning behaviour to the platform, and consider contacting CEOP (**ceop.police.uk**).
- Seek advice from your school or trusted professionals if you're unsure.

You're not alone.



By staying informed, talking openly and using safety tools, you can help your child enjoy the online world more safely.

Together, we can keep them safer.